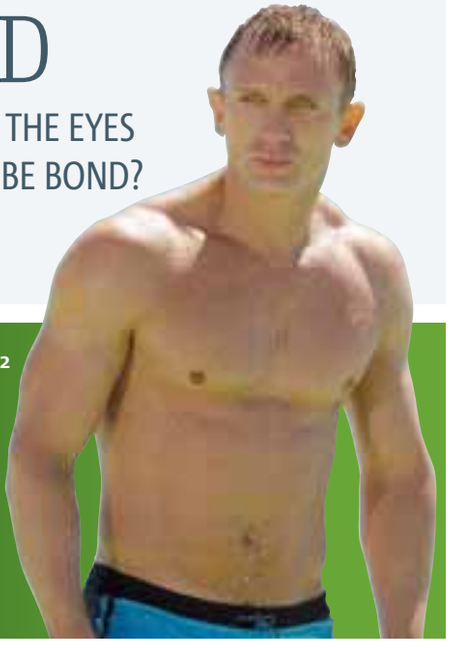
Cream of the crop

Buoyed by a warm winter, a wet spring and early summer temperatures, a strong 2012 harvest season comes to a close PAGE 3

BREAKING BOND

SO YOU'RE QUICK-WITTED AND EASY ON THE EYES — BUT DO YOU HAVE WHAT IT TAKES TO BE BOND? FIND OUT WITH METRO'S QUIZ PAGE 9



SASKATOON metro®

Tuesday, October 9, 2012

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Riders feast in the East

Fifth win in six games. Despite 36-10 final over Argos, Chamblin says defence has a lot of room for improvement

Corey Chamblin is a hard man to please.

A smothering defensive performance anchored the Saskatchewan Roughriders' emphatic 36-10 road win over the Toronto Argonauts on Monday, but it still wasn't enough for the rookie head coach.

"I had a mandate that I wanted at least five sacks and they didn't reach it so I'm not very pleased with the defence," a straight-faced Chamblin said afterwards. "I'm not satisfied with the defence.

"The offence did a good job putting points up; the defence has a way to go. We have to capitalize on all the plays. The guys always say they want to be the No. 1 defence; they have a ways to go to be the No. 1 defence."

Saskatchewan certainly played like the CFL's top defence, holding a Toronto offence minus starter Ricky Ray (knee) and running back Chad Kackert (ribs) to just 13 first downs, 58 yards rushing and 213 net yards. And while the Riders only registered one sack, they never let Argos quarterback Jarious Jackson get in sync.

"We have high expectations here and if we set a goal and don't reach it that means we failed," said Riders linebacker Tyron Brackenridge, who had five tackles and a fumble recovery.

"We wanted to eliminate all the big plays and we did that. We eliminated (Jackson's) reads, created tight windows and got pressure up front."

Kory Sheets and Weston Dressler scored huge third-quarter touchdowns to cement Saskatchewan's third straight win. Sheets' season-high 48-yard TD run at 9:29 put Saskatchewan ahead 29-10 and brought "Let's Go Riders" chants from the Saskatchewan faithful within a Rogers Centre gathering of 25,176.

Sheets, who the Riders found in a free-agent camp this off-season, ran for 113 yards on 19 carries to boost his season total to 1,035 yards.

Darian Durant then added a 78-yard TD strike to Dressler at 11:25, the Saskatchewan slotback's league-leading 10th touchdown catch this season. After Dressler, who had five receptions for a game-high 97 yards, waltzed into the end zone, Saskatchewan fans erupted into another "Let's Go Riders" chant with their club comfortably ahead 36-10.

THE CANADIAN PRESS

Saskatchewan Roughrider Weston Dressler, centre, celebrates a touchdown against the Toronto Argonauts with Chris Best, right, and Greg Carr during second-half CFL action in Toronto on Monday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

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Fatal accident

Man dies in rollover

A man is dead after a pickup truck rolled over this weekend west of Neudorf, Sask.

The driver of the pickup truck was headed east on Highway 22, when he lost control of the vehicle at approximately 7:40 p.m. on Saturday. The vehicle rolled several times down the centre of the highway.

The sole occupant was ejected from the truck and he died at the scene. Road conditions were considered good at the time and not a factor in the accident. Melville RCMP, a police accident reconstructionist, the Neudorf Fire Department and EMS all responded to the accident.

The investigation is ongoing. METRO IN REGINA

100th anniversary

Governor General visiting Legislative Building

The Queen's Canadian representative arrives in Saskatchewan on Tuesday to celebrate the 100th anniversary of the Saskatchewan Legislative Building.

Gov. Gen. David Johnston and his wife Sharon Johnston will begin their provincial visit in Prince Albert by meeting with local government and First Nations leaders.

The Johnstons will continue north for a tour of local communities and a uranium production facility. The final leg of their trip, which concludes Thursday, includes a fireworks display at the Legislative Building in Regina. METRO

Gov. Gen. David Johnston
HANDOUT

Wet spring and warm, dry summer yields strong harvest

Agriculture. More than 97 per cent of Sask. crops in the bin

ROB BROWN
Metro in Regina

With more than 97 per cent of Saskatchewan's 2012 crop off the field and in the bin, producers like Ron Alix are already thinking 2013.

"We're looking to the first of the year to plan what will be happening and going into the ground next year," says the Coderre-area producer.

According to Saskatchewan Agriculture's Weekly Crop Report, over 97 per cent of the year's crop has been taken off.

Alix said a dry season and warm harvest weather helped his 2012 harvest, which includes fall rye, barley, and khorasan wheat.

Scott Hartley, provincial insect specialist, said early summer temperatures combined with a warm winter and wet spring not only contributed to rapid crop growth, but also made for prime pest conditions.

He said notable 2012 pests include cutworms, diamondback moths, flea beetles, and the pea leaf weevil.

Last year, Saskatchewan was Canada's top exporter of agri-food products, reaching $10.2 billion worth of exports. Earlier this month, Saskatchewan Agriculture Minister Lyle Stewart proclaimed October as Agriculture month.

Late nights and early mornings will soon come to an end for Saskatchewan's farmers as the 2012 harvest season nears an end. SEAN GALLUP/GETTY IMAGES

Combines

Province's farmers harvest new world record

More than 1,000 watched Saturday afternoon as Saskatchewan farmers harvested two quarters of Saskatchewan oats, setting a world record for the most combines working the same field just north of Saskatoon.

A total of 249 combines took approximately seven minutes to harvest the two quarter sections.

The event, in the planning for about two years, was organized by www.harvestforkids.com

Proceeds from the event are going to Children's Camps International a group sending kids from developing nations to camp each year each year.

The previous record was 208 combines set this year in Ireland.

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Volunteers Justin Neumyer and Brenda Reeder heap a plate with goodies on Monday at the Saskatoon Friendship Inn, host of the city's largest Thanksgiving meal. BRIAN MOSKOWITZ/FOR METRO

Hundreds loosen their belts for Thanksgiving feast

Saskatoon Friendship Inn. Need for daily meals has almost doubled over past six months, CEO says

BRIAN MOSKOWITZ
Saskatoon@metronews.ca

More than 1,300 people attended the city's largest public Thanksgiving meal on Monday at the Saskatoon Friendship Inn.

"To be able to have a private dining room in the inner city that is not only safe, but is like a sanctuary, is really a gift," said Lynda Brazeau, CEO of the Inn, which welcomed its largest recorded turnout for the 43rd annual dinner.

Brazeau said a team of more than 350 volunteers began preparing for the communal meal last Tuesday.

Thousands of pounds of meat and produce were donated by the Inn's grocery vendors along with several Hutterite colonies and private donors, she said. A single private donor contributed 1,650 pounds of vegetables, she added.

"There are some people who come for a free meal, which is important when you don't have enough food at home," said Zach Hess, 39, a local resident who has been eating at the Inn since becoming unemployed after suffering an injury at work almost two months ago.

Hess said the meals help supplement his employment-insurance payments. "It's a significant help," he added.

Over the past six months, the need for daily meals at the Inn has almost doubled from about 500 people served on a busy day to 700 to 1,000 people, Brazeau said.

"We've been preparing for this meal all week, and we're thrilled to serve everyone at the Inn just like we would our own family," she said.

Huskie basketball. Women's Olympic coach hosting clinic in Saskatoon

With a berth in the quarterfinals at this summer's London Games, the Canadian women's basketball team had their best Olympics finish to date.

It's a success that head coach Allison McNeill will be talking about in her keynote address at the 12th-annual Scholarship Brunch for Huskie Women's Basketball, to be held on Oct. 28 at TCU Place.

"She really has brought Canadian women's basketball to the forefront on an international stage," said Lisa Thomaidis, Huskie Women's Basketball head coach and Canadian Olympic Team assistant coach.

"She's appealing and will resonate with everyone — not just with our basketball team, but also with athletes from any sport," Thomaidis said.

While in town, McNeill will be hosting a coaching clinic from 2 to 4 p.m. at St. Joseph's high school, focusing on developing athletes of all ages.

Thomaidis said McNeill's work and the team's success in London has boosted the profile of the sport, showing young female athletes just how far they can go in basketball.

"A lot of (young athletes) don't know that's something you can strive for," she said.

For more information about the events, go to huskies.usask.ca.

JANE CAULFIELD/METRO

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From left: Allison McNeill, Lisa Thomaidis and Mike McNeill. CONTRIBUTED

People walk past a mural depicting President Hugo Chavez in Caracas, Venezuela, on Monday. Chavez won re-election and a new endorsement of his socialist project on Sunday. RODRIGO ABD/THE ASSOCIATED PRESS

Venezuelans give Chavez six more years

Patronage. Incumbent spent heavily before the vote, building public housing and bankrolling expanded social programs

Venezuelans awakened on Monday to the prospect of another six years under President Hugo Chavez as the leftist president's supporters celebrated his victory against a youthful rival and a galvanized opposition pledged to build on its gains.

Chavez emerged from Sunday's vote both strengthened and sobered, having reconfirmed his masterful political touch but also winning by his tightest margin yet. Challenger Henrique Capriles said while conceding defeat that his campaign had launched a new political force and that he would keep working for change.

The 58-year-old leader now has a freer hand to push for an even bigger state role in the economy and deepen friendships with U.S. rivals. Meanwhile, he's under pressure to address nuts-and-bolts governance issues such as soaring crime rates, power blackouts and double-digit inflation.

With a turnout of 81 per cent, Chavez only got 551,902 more votes this time around than he did six years ago, while the opposition boosted its tally by about 2.1 million. Chavez appeared to acknowledge the opposition's growing clout during a boisterous victory speech late Sunday night.

THE ASSOCIATED PRESS

Voter

"Chavez isn't to blame for the people who surround him."

First-time voter and student Brenda Aguirre, saying she is willing to forgive "El Comandante" for his shortcomings

Southeast Asia

Strong quake hits eastern Indonesia

A strong earthquake shook parts of eastern Indonesia on Monday, sending residents and hotel guests running out of their rooms, but there were no immediate reports of damage or injuries.

Indonesia's meteorology and geophysics agency said there was no danger of a tsunami.

The U.S. Geological Survey said the magnitude-6.3 quake was centred 139 kilometres southeast of Ambon, the provincial capital of Maluku. THE ASSOCIATED PRESS

Van der Sloot. Jailed killer to be a father, report says

A newspaper reported Monday that Joran van der Sloot, a Dutch man who is serving a 28-year-sentence for killing a young Peruvian woman in 2010, says he is going to be a father. His attorney said the inmate does have a conjugal visitor, a woman named Leidy Figueroa Uceda.

Van der Sloot is a suspect in the 2005 disappearance of U.S. teenager Natalee Holloway. He could resist extradition to the United States if he obtains Peruvian nationality. That would be a possibility if he becomes the father of a Peruvian child or if he marries a Peruvian citizen.

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Dutch citizen Joran van der Sloot is escorted by Peruvian police in June 2010. THE ASSOCIATED PRESS

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Penn State scandal. Jerry Sandusky set to stress his innocence at sentencing

Jerry Sandusky's lawyer said Monday "it's as certain as certain can be" that the former Penn State assistant football coach will address the judge and assert his innocence before he is sentenced on 45 counts of child sexual abuse.

Nobody else is expected to speak on Sandusky's behalf during the sentencing hearing Tuesday in Bellefonte, Pa., defence lawyer Joe Amendola said.

"What I anticipate he'll say is that he's innocent," Amendola said outside the courthouse.

The lawyer said others, including Sandusky's wife, have submitted letters on his behalf and that Dottie Sandusky stands by her husband and will attend the sentencing.

"He's going to fight for a new trial," Amendola said. THE ASSOCIATED PRESS

A privacy tunnel is erected Monday at the Centre County Courthouse in Bellefonte, Pa. THE ASSOCIATED PRESS

Tate Modern. Man arrested after declaring he defaced Rothko mural

British police on Monday arrested the man who told journalists he was responsible for scrawling graffiti on a mural by modern American master Mark Rothko at London's Tate Modern museum.

Scotland Yard launched its investigation after the mural, one of Rothko's Seagram series, was defaced Sunday with what appears to be the words "Vladimir" and "a potential piece of yellowism."

Vladimir Umanets, who identifies himself as the co-founder of an artistic movement he calls "Yellowism," told journalists he was behind the graffiti. According to an online manifesto, Yellowism is an artistic movement run by Umanets and another person.

Earlier Monday, Umanets told Britain's Press Association news agency that he wanted to draw people's attention to his movement, culture." THE ASSOCIATED PRESS

Quote

"I didn't destroy this picture, I put something new."

Vladimir Umanets

Austrian skydiver Felix Baumgartner prepares for an attempt at a record free fall. THE ASSOCIATED PRESS

Skydiver to try record free fall

Extreme sport. Austrian skydiver Felix Baumgartner, aka 'Fearless Felix,' to attempt highest, fastest jump in history

Austrian skydiver and extreme athlete Felix Baumgartner hopes to take the leap of his life on Tuesday, attempting the highest, fastest free fall in history.

If he survives, the man dubbed "Fearless Felix" could be the first skydiver to break the sound barrier. If he doesn't, a tragic fall could be live-streamed on the Internet for the world to see.

The 43-year-old former military parachutist is scheduled to jump from a balloon-hoisted capsule 37 kilometres above Roswell, New Mexico, on Tuesday morning. He wants to break the record set in 1960 by Joe Kittinger, who jumped from an open gondola at an altitude of 31 kilometres. Kittinger's speed of 988 km/h was just shy of breaking the sound barrier at that height.

Baumgartner, who has been preparing for the jump for five years, has made two practice runs from the Roswell area, from 24 kilometres high in March and 28.97 kilometres in July.

The No. 1 fear is a breach of Baumgartner's suit, which could cause potentially lethal bubbles to form in his bodily fluids. THE ASSOCIATED PRESS

Retirement

After Tuesday's jump, Baumgartner plans to retire.

- He has made more than 2,500 jumps from planes, helicopters, landmarks and skyscrapers over the past 25 years, promises this jump will be his last.
- He says he plans to settle down with his girlfriend and fly helicopters on mountain rescue and firefighting missions.

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Waist watch: Pop machines to list calories

Consumer choice. Move by soft-drink firms in U.S. comes ahead of regulation

As criticism over sugary sodas intensifies, Coke, Pepsi and Dr Pepper are rolling out new vending machines in the U.S. that will put calorie counts at consumers' fingertips.

The calorie counts will be on the buttons of the machines, which will also feature small decals reminding the thirsty that they can choose a low-calorie drink. The move comes ahead of a new regulation that would require restaurant chains and vending machines to post calorie information as early as next year.

"They're seeing the writing on the wall and want to say that it's corporate responsibility," said Mike Jacobson, executive director of the Center for Science in the Public Interest, which advocates for food safety and nutrition.

Quoted

"Currently, people don't think about calories when they go up to a vending machine. Having the calories right on the button will help them make choices."

Mike Jacobson, executive director of the Center for Science in the Public Interest

The U.S. Food and Drug Administration has proposed a less-stringent amendment that would allow vending operators to post the information on a poster on the side of the machine, Jacobson said. But he said the announcement Monday shows posting calories right on machines is perfectly feasible.

The vending machines will launch in Chicago and San Antonio, Texas, municipal buildings in 2013 before appearing nationally.

THE ASSOCIATED PRESS

Supply chain to space

Is this the future of commercial cargo? SpaceX's supply ship, shown here at Cape Canaveral Air Force Station in Florida, took off Sunday night for the International Space Station on its first official trip under a $1.6-billion US contract with NASA. SpaceX, or Space Exploration Technologies Corp., will make a dozen resupply flights to the space station, an essential service in the post-shuttle era. The unmanned ship consists of a Falcon 9 rocket with a Dragon capsule on top, and should reach the station by Wednesday. NASA/THE ASSOCIATED PRESS

Auto industry. GM to hire up to 1,500 at tech centre

General Motors plans to hire up to 1,500 workers to staff a new computer technology centre outside Detroit.

It is part of a move to bring 90 per cent of information technology in-house, which GM believes will make the company more nimble and efficient. The carmaker plans to hire 10,000 people at four new technology centres in the next three to five years.

The centres will help get breakthrough ideas into the company's cars and trucks, GM says. Last month the company announced it would hire 500 people for a centre in Austin, Texas. The remaining two sites haven't been announced.

The hiring reverses a trend toward outsourcing computer jobs at GM. But spokeswoman Julie Huston-Rough said most carmakers strike a balance between doing computer work in the company and hiring outside firms. THE ASSOCIATED PRESS

This file photo shows a sign outside General Motors' car assembly plant in Oshawa, Ont. GM will hire up to 1,500 workers at a technology centre outside Detroit. THE CANADIAN PRESS FILE

Chinese tech giants

U.S. panel warns of espionage risks

American companies should avoid doing business with China's two leading technology firms, Huawei Technologies and ZTE Corp, because they pose a security and espionage threat to the U.S., the House Intelligence Committee warned Monday. THE ASSOCIATED PRESS

Original programming

YouTube launches European channels

YouTube is extending its original programming initiative into Europe, with at least 60 new video channels from media companies including Britain's BBC, London-based FreemantleMedia and the Netherlands' Endemol. THE ASSOCIATED PRESS

Enbridge targets foreign charities in pipeline battle

Organizations founded by an American oil baron and a Silicon Valley philanthropist are among foreign charities targeted by Enbridge in its battle against critics of the proposed Northern Gateway pipeline.

Tens of millions of dollars have been donated to conservation groups and initiatives in B.C., for everything from Earth Day celebrations to aboriginal salmon recovery programs.

It's a point of contention for the pipeline proponent, which has asked the environmental review panel examining the Northern Gateway project to compel funding information from its critics. The panel returns to B.C. this week for final hearings on the project.

And it's a point of contention for federal Natural Resources Minister Joe Oliver, who earlier this year decried "foreign special-interest groups" that "threaten to hijack our regulatory system to achieve their radical ideological agenda."

Enbridge has singled out specific charities in requests submitted to the panel, including foundations created by the co-founders of Intel Corporation and Hewlett-Packard.

THE CANADIAN PRESS

Fawzia Ahmad holds a sign on behalf of the group Communities Against Pipelines protests in Vancouver on Friday. The group is opposed to Enbridge's proposed Northern Gateway pipeline. DARRYL DYCK/THE CANADIAN PRESS

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WHEN LIFE GIVES YOU GENETICALLY MODIFIED LEMONS ...

SHE SAYS ...
Jessica Napier
metronews.ca

The glass is half full … no, really.

Every once in a while, my boyfriend — who tends to walk the line between "concerned partner" and "obsessive hypochondriac"— will forward me an email containing the latest research on all of the foods that are probably going to kill me.

Most of these articles contradict one another — touting the health benefits of a certain food one month and then warning about its poisonous potential the next.

"Egg yolks are good for you."

"No, wait! Stay away from egg yolks!"

"Just kidding, eat egg yolks all the time!"

These research studies are the medical equivalent of riled up cable-news anchors who just can't stop shouting at one another. And yet, despite all the bad press out there — in food news and beyond — our brains are actually hard-wired to expect the best outcomes in life.

Ignorance is bliss?

"Some people might justify risky behaviour — ignoring those warning labels on cigarette packages or practising unprotected sex — based on the assumption that bad things only really happen to other people."

In her book The Optimism Bias, neuroscientist Tali Sharot argues that 80 per cent of us overestimate the likelihood of good things happening to us in our daily lives. Believe it or not, the majority of us have optimism as our (somewhat delusional) default setting.

Our instinct is to try to make lemonade out of lemons. Unfortunately, the media are constantly telling us that those metaphorical lemons are actually the latest and scariest carcinogen-infested items at the grocery store.

Sharot explains that if we expect the future to be bright, stress and anxiety are reduced and our overall health improves. Which is great, in theory, but what about when we take our propensity for positive thinking too far?

The optimism bias can transform into a state of blissful ignorance and bring about a false sense of security. Some people might justify risky behaviour — ignoring those warning labels on cigarette packages or practising unprotected sex — based on the assumption that bad things only really happen to other people.

So is it possible to nurture our inclination towards glass-half-full thinking while avoiding the dangers presented by unrealistic optimism?

Properly educating ourselves on healthy living is just part of the solution; we also have to do our best to block out the fear-mongering propaganda. I don't want to pretend that genetically modified fruit and antibiotic-riddled meat products don't exist, but I also don't want to be consumed with end-of-the-world panic every time I go to put something in my mouth.

In the end, we're far more likely to be hit by a car than poisoned by the items in our refrigerator and yet, if we truly thought about that risk every day, most of us would probably never leave the house.

If it doesn't kill you, it will only make you ... more toxic? GETTY IMAGES FILE

Is something 'bugging' you?

KERRY MALONEY/THE ASSOCIATED PRESS PHOTOS

It's a bug's life

Trolling for insects is all the buzz

A Northern mole cricket is seen at Bayou Des Allemands in Louisiana.

Employees of the Audubon Butterfly Garden Insectarium in New Orleans collect bugs from the bayou to replenish the species in the insectarium's exhibits, while others are shipped to museums.

Much of the insect stock dies in a year or less, so the replenishment missions for local species are essential.

The trek to the bug-infested bayou area near New Orleans is one they make six to eight nights a year from May to October.

One type of insect they gather, the Whirligig beetles, don't breed in captivity, so it's a numbers game: If two-thirds of each group die, the larger group will still have enough survivors to replenish the display.

"We're just rolling the dice and hoping we have that really neat animal for as long as we can," Zack Lemann, of the insectarium, said.

The entomologists also troll fresh cowpats for the insectarium's dung beetles and the Audubon Species Survival Center on New Orleans' west bank to turn over rotting wood for glossy, black patent-leather beetles.

THE ASSOCIATED PRESS

Fear Factor-esque

"They taste like soft-shelled crab."

Zack Lemann, animal and visitor-programs manager of the Audubon Butterfly Garden Insectarium, on the dragonflies he freezes and cooks.

On a wing

900,000

Only a fraction of the 900,000 species can be put on display at the insectarium. Many are too tiny or simply too dull — the museum needs animals that are big, brightly coloured or do interesting things.

Zack Lemann holds a dragonfly in his mouth while collecting them for exhibits in Louisiana.

Metropolitan Panel

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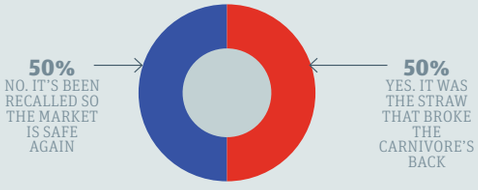
Has the latest recall scared you away from eating beef?



Twitter

@gauravsharma93: Can I just make #saskatoon my girlfriend ?

@TheRealKiran: One of favorite things to do when I come to #saskatoon is ride around the old neighbourhood. #memories

@hmacza: Feeling like the last girl in Saskatoon who doesn't care if you play hockey or not..... #notmytype #aloneonthisone

@TyWeiland: I don't think I like Sarah Wayne Callies as an actress. I can't stand her in The Walking Dead or Prison Break.

@smilingsandra: Just had leftover roast chicken sandwich. Stuffed again. #Happy-Thanksgiving

@Raj___Lal: What thaa.. #snowfall warning in effect for #saskatoon tonight? -_-

metro

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Now pay attention, 007!

Bond quiz. How much do you know about the world's most famous secret agent?

ANTHONY JOHNSTON
Metro World News

Fifty years of 007 have given us loads of movie trivia ammo. Test your knowledge and find out if you're licensed to kill or Dr. Oh No.

1. Ursula Andress starred as the first Bond girl in Dr. No (1962). What was unusual about her role?
(A) She had to sleep with Bond actor Sean Connery to get the part.
(B) Her character's voice was provided by someone else, due to her heavy foreign accent.
(C) She wore a blonde wig.
(D) She had plastic surgery on her lips.

2. Which Bond movie sees 007 wear a Scottish kilt, meet some brainwashed beauties and get married?
(A) Dr. No (1962)
(B) Goldfinger (1964)
(C) Thunderball (1965)
(D) On Her Majesty's Secret Service (1969)

3. Which was the first Bond film to feature the famous car Aston Martin DB5?
(A) From Russia with Love (1963)
(B) Goldfinger (1964)
(C) Thunderball (1965)
(D) Diamonds Are Forever (1971)

4. George Lazenby is the only James Bond actor not from Great Britain or Ireland. Where is he from?
(A) Australia
(B) Hungary
(C) Canada
(D) New Zealand

What drink does Bond order in the poker scene in Casino Royale? HANDOUT

Ursula Andress was the first Bond girl in Dr. No. HANDOUT

5. In Live and Let Die (1973), how does Bond kill drug-trafficking bad guy Kananga (a.k.a. Mr. Big)?
(A) Poisons him with a dart gun
(B) Throws him in the Louisiana bayou, then eaten by crocodiles
(C) Forces a shark gun pellet into Kananga's mouth, causing him to blow up like a balloon and explode
(D) Falls in a coffin filled with snakes and dies from venomous snakebites

6. In For Your Eyes Only (1981), Bond's arch-nemesis Ernst Stavro Blofeld finally meets his demise. How is he killed?
(A) Falls off a cliff edge after trying to save his cat
(B) Shot in the back by Jaws
(C) Frozen to death in an ice chamber in Iceland
(D) Bond drops him into a factory chimney from a helicopter

7. In The Living Daylights (1987), what does Bond toboggan down the snowy hill?
(A) Cello Case
(B) Crate of Bollinger
(C) Wooden sledge
(D) Speed boat

8. In Die Another Day (2002), which celebrity cameos as a fencing instructor?
(A) Tina Turner
(B) Britney Spears
(C) J.K. Rowling
(D) Madonna

9. What drink does Bond order in the poker scene in Casino Royale (2006)?
(A) Vodka Martini, shaken not stirred
(B) The Vesper: Three measures of Gordon's gin; one of vodka; half a measure of Kina Lillet vermouth. Shake it over ice, add a slice of lemon peel.
(C) Death in the Afternoon: 3 tablespoons of absinthe, 1/2 cup of Champagne
(D) Rum and coke

10. Oscar-winning actor Javier Bardem plays the bad guy in upcoming movie Skyfall (2012). What's the character's name?
(A) Lex Luthor
(B) Shredder
(C) Raoul Silva
(D) Keyser Söze

Scorecard

Answers: 1. (b) 2. (d) 3. (b) 4. (a) 5. (c) 6. (d) 7. (a) 8. (d) 9. (b) 10. (c)

- **1-3 correct.** Agent Zero
- **4-7 correct.** Double O-kay
- **8-10 correct.** Licence to Thrill

Visit metronews.ca for more James Bond coverage, including a look at the newest film, Skyfall. Tomorrow, Metro looks at the Top 12 Bond Girls and more celebrities reveal their favourite 007 actor.

Do you have the heart of Bond?

Quiz. So maybe you don't drive an Aston Martin, but you still might be Bond-like

KIERON MONKS
Metro World News

Our quiz will reveal how you measure up, but be warned: you could also be a lab technician.

You're stepping out to a VIP party — what are you wearing?
A) A smart outfit but not overdoing it — your face will do the rest
B) It's what I'm NOT wearing that matters
C) A cardigan to hide in
D) A graphite suit

You've woken up from the most wonderful dream. What was it about?
A) Dropping witty one-liners in high society
B) Being surprised with lobster for breakfast
C) Finding the Higgs Boson particle
D) WORLD DOMINATION

Damn — you missed your train. How do you react?
A) Run after it and nimbly scuttle aboard
B) Think 'what a tragedy for the passengers'
C) Wish time travel was real
D) Shout vile abuse at the driver

Your friend suffers a sprained ankle, what's your treatment?
A) What friend?
B) Prod them with a long stick, to check if they are alive
C) Put your field medic training to good use — you always keep a first aid kit handy
D) Laugh

Your house is burning down — what one item do you save?
A) Weapon
B) Mirror
C) Briefcase
D) Cat

Who is your hero?
A) Winston Churchill
B) Kim Kardashian
C) Isaac Newton
D) Captain Hook

What scares you most?
A) Honesty
B) Poverty
C) A mutant bacterial strain
D) World peace

What are you doing for your birthday?
A) Disappearing
B) P-A-R-T-Y
C) Feeling uncomfortable around your loved ones
D) Being obnoxious because you've earned it

What is your deadly sin?
A) Lust
B) Pride
C) Envy
D) Wrath

What are relationships for?
A) Ego
B) Money
C) Self-esteem
D) Ruthlessly exposing weakness

Tally

- **Mostly As.** Congrats! You are Bond, you charming sociopath!
- **Mostly Bs.** Do your collars and cuffs match? You are a Bond girl.
- **Mostly Cs.** You are Q and will always prefer devices to people.
- **Mostly Ds.** Say hi to your friend, Mr. Kidd. You are a villain and not to be trusted.

SCENE 2

Katy Perry

Perry fed up with John Mayer's wandering eye

This is getting tough to keep up with.

Katy Perry has reportedly called it quits with John Mayer once again after getting fed up with his inattentive ways and wandering eye, according to Radar Online.

"John just can't commit, and he kept luring Katy back with promises that he was going to change, but then he didn't," a source says. "Katy was pretty crazy about him, so she kept giving him another chance. John liked Katy, so he wanted to keep her in his life, but it just wasn't up to Katy's standards."

The pair gave romance a go in August, only to break up after two weeks and then get back together again in September.

"She needs the guy to be on board 100 per cent, and she was sick of John disappearing for five days at a time then booty calling her then straightening up and treating her well, only to go back to his old behaviour a few days later," the source says.

SNL star ducking work to spend time with Wilde

Things are reportedly getting pretty serious for Olivia Wilde and Saturday Night Live star Jason Sudeikis, her boyfriend of nine months.

"They are living together now," a source tells Us Weekly. "Totally inseparable!" Sudeikis has even been ducking out of work to spend time with Wilde, as he did one night last month. "Everyone on the show staff was writing late," a source says.

"But Jason managed to sneak over to Radio City Music Hall to see Bon Iver with Olivia." As for the next big step, marriage is apparently not in the immediate future for either Wilde or Sudeikis, who both ended marriages within the last two years. "They've both been married, so they've already experienced that and know what it entails," the source says. "It's something for down the road."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

DeVito and Perlman: Goodbye to a long marriage of two short people

THE WORD
Dorothy Robinson
scene@metronews.ca

Besides recounting the latest idiotic exploit of Lindsay Lohan, I sometimes feel like celebrities either separating or divorcing is the only thing I write about it in The Word.

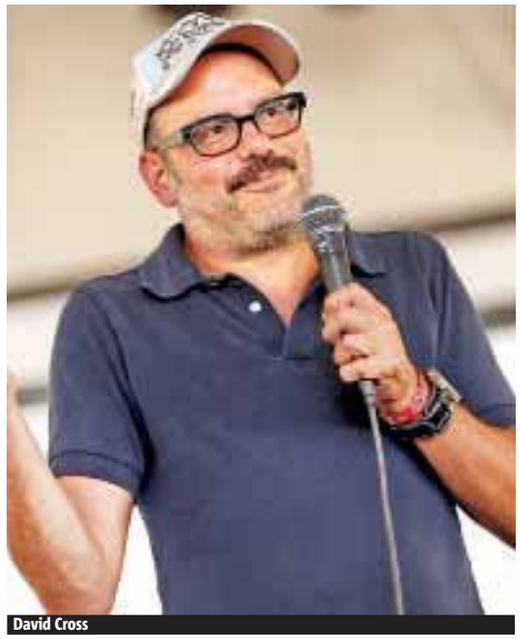
But none of the break-ups I've featured on these pages have been as sad as what I'm about to tell you: After more than 30 years of marriage, Danny DeVito and Rhea Perlman are separating.

Yesterday, Entertainment Tonight broke the news that the similarly statured couple (he's 5'0" and she's 5'1") had split. And then the unthinkable happened: Danny Devito's rep confirmed their separation to Us Weekly. The two married in 1982 and have three children together.

But, fear not! After some intense "investigative reporting" by yours truly (and by investigative reporting, I mean I stumbled upon some random GeoCities webpage listing the heights of famous people), there are other actors Perlman and DeVito can date in order to retain the adorable-factor of tiny actors in love. My suggestions:

For Rhea:
Rick Moranis 5-foot-1
David Faustino 5-foot-3
Dudley Moore (RIP) 5-foot-3
Jason Alexander 5-foot-5

For Danny:
The Olson Twins 5-foot-1
Sissy Spacek 5-foot-2
Patricia Arquette 5-foot-1
Kristen Bell 5-foot-1


David Cross

Her? Arrested Development star weds actress

David Cross married actress Amber Tamblyn over the weekend, his rep confirms to Us Weekly. The news was broken by director Lance Bangs, who posted a photo to Instagram of the couple dancing at their reception, with the caption reading, "Yo La Tengo playing Superchunk, Mission of Burma and Pixies covers at David and Amber's wedding." The pair became engaged in August 2011.

Twitter

@lindsaylohan
Girls Love Shoes!!!

@jimmykimmel
one thing about the sewer - it's jam-packed with super villains

@mindykaling
I accidentally sprayed myself in the face with hair spray but I gotta say, it's a pretty good makeup sealant

@SteveMartinToGo
Electric eye failed on airport urinal. Had to flush it myself. WHAT'S GOING ON WITH MY LIFE?

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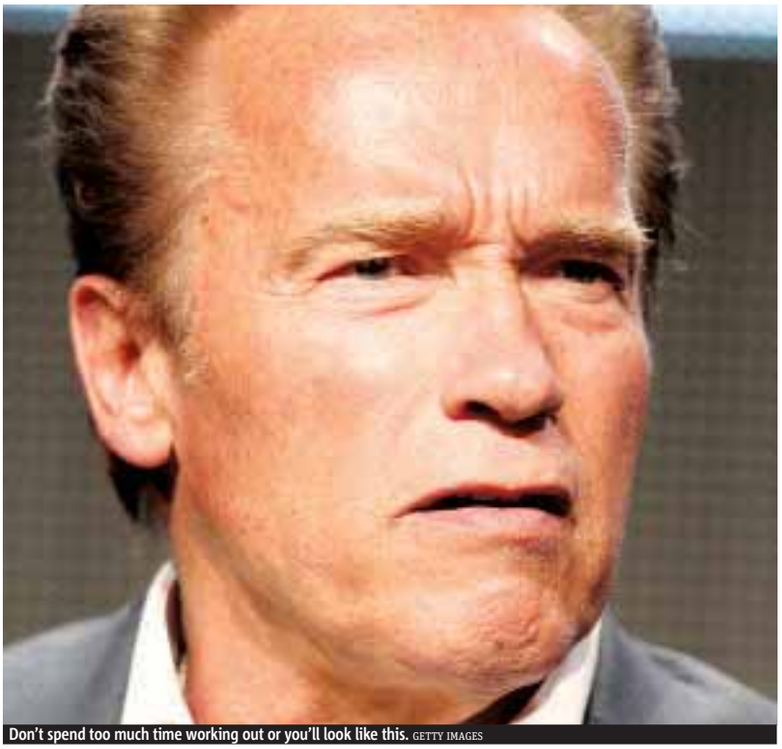
Better options than Botox

Beauty An alarming amount of Botox-injected faces were seen front row during fall Fashion Weeks. But do you really want a frozen zombie face? We find out how facial yoga helps tone the face, naturally

ROMINA McGUINNESS
life@metronews.ca



Don't spend too much time working out or you'll look like this. GETTY IMAGES

As we age, collagen and elastin (the protein fibres responsible for maintaining the skin's elasticity and structure) production decreases. In a desperate attempt to ward off fine lines and wrinkles, people splurge on Botox jabs and miracle skin creams.

"Botox doesn't last forever and skin creams are topical," warns Annelise Hagen, facial yoga expert and author of Yoga Face. "Neither fix what's going on underneath the skin's surface, such as loss of muscle tone and lack of oxygen. Doing regular facial exercises increases circulation and blood flow to the face, which has been proven to prolong the production of collagen and elastin."

Still skeptical? Hagen gives us the lowdown on facial yoga.

1. It is better than Botox.

"Botox is a quick fix, the benefits are temporary. It's so obvious when you get it done that people will probably assume you have low self-esteem. Facial yoga addresses the cause of the problem, such as loss of muscle tone, whereas all Botox will do is mask the symptoms."

2. Facial muscles do their own thing.

"Facial muscles respond to exercise just like any other muscle, only they're involuntary. They do what they want, when they want. Anything you feel or think registers on your face. Facial yoga teaches you to become aware of what your face is doing, because after years of scowling, thinking or frowning, small lines will have formed."

3. It gives your face a workout.

"Some lines, such as forehead or pucker lines, form because of things your face is doing habitually, such as frowning or kissing. You can get rid of these by smoothing out and relaxing the face. Other lines, like the nasal labial fold that goes from the nose to the mouth, tend to be caused by tension and the dragging down of gravity. The only way to get rid of these is to strengthen the muscles in that area. Contracting the muscle alone won't work. What you need to do is apply fingertip pressure to the area so that the muscle is pushing against something. Don't drag or pull with your fingers. Simply offer a resistance point so that the muscle has something to work against."

4. The results are immediate.

"A Botox jab smoothens the face because it effectively paralyses the facial muscles. But relaxing your face does exactly the same thing. As you go through the poses, you're stimulating collagen and elastin production and increasing circulation to the facial area. This will make your face appear plumper and improve skin tone."

5. It helps relax and rejuvenate your face.

"A lot of people don't realize this but holding in tension anywhere from below the eye socket to the neck and collarbones will drag the face and its muscles down. Facial yoga releases the tension, eventually lifting the face."

6. You could even lose some wrinkles.

"There are some very big muscles in our face (the zygomatic, the masseter and the mentalis) but by working them out and training them, we can actually change the way our face looks. We can help a droop become a lift, or at least be in neutral."

7. It allows you to age gracefully.

"Everyone's looks will fade. But doing regular facial exercises can help you look your best at any age and even lose a few years. If you're impatient and want an expressionless face, go ahead and (try) turn back time with injections or surgery."

8. Overdo it and you'll look like Schwarzenegger.

"You don't want to be overly built in the face, unless you want the facial structure of Schwarzenegger. A sequence of eight moves for 10 minutes, two to three times a week is enough.

Kapalbhati

Kapalbhati skull shining breath

This detoxing yoga breath brings so much circulation to the face it will literally make you shine.

How to:

1. Sitting cross-legged on the floor, cup one hand lightly in the other and press them gently against your lower belly.
2. Quickly contract your lower belly, pushing a burst of air out of your lungs. Release the contraction of your hands so that the belly rebounds to suck air into your lungs.
3. Repeat 10 times at about one exhale-inhale cycle every second or two.

Do 25 to 30 cycles at first, eventually increasing this to 100.

Read metro work every Monday and Wednesday for tips and trends in education and employment.

Only in Metro. News worth sharing.

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Trim down Asian fare with these Sweet 'n' Sour Meatballs

This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Create your own healthy Asian fare at home. By using ground chicken, you reduce the calories, fat and cholesterol (377, 7.7. g and 73 mg per serving, respectfully) of ground beef. But feel free to substitute any meat of your choice for the chicken.

Ingredients

- 12 oz ground chicken
- 1/4 cup finely chopped onion
- 2 tbsp ketchup
- 5 tbsp seasoned dry bread crumbs
- 1 egg
- pinch of salt and pepper
- 2 tsp vegetable oil
- 2 tsp finely chopped garlic
- 1/2 cup chopped onion
- 1/2 cup each diced red and green bell peppers
- 1 1/2 cups tomato juice
- 2 cups pineapple juice
- 1/2 cup sweet chili sauce
- 2 tbsp brown sugar
- 1 tbsp cornstarch
- 1 cup white rice
- 1 cup water
- 1/2 cup diced pineapple (fresh or canned)
- 3 tbsp chopped parsley

1. In bowl, combine chicken, onion, ketchup, bread crumbs, egg, salt, pepper; mix well. With wet hands, form meatballs, using 1 tbsp of mix for each. Place on a plate; set aside.

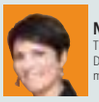
2. In saucepan, heat oil over medium heat. Add garlic and onion and cook just until softened, 3 mins. Add bell peppers and cook 4 mins. Add tomato and pineapple juices, chili sauce, brown sugar, cornstarch and meatballs. Cover, reduce heat, simmer 25 mins., or until meatballs cooked through.

3. Meanwhile, bring rice and water to boil; cover and simmer 10 mins. Remove from heat and let stand 10 mins, covered.

4. Serve meatballs and sauce over rice. Garnish with pineapple and parsley. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN**

Health Solutions

The frozen truth



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Weeknight meals during the chilly season need mindless nutrition.

There is no need to default to a ready-made lasagna when a quick frying pan full of high-nutrient food, that is also warming of the belly, is close at hand.

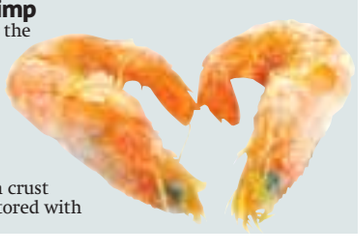
Here are the top items for your freezer if you want to get gourmet and healthy picks right out of the box.

1. Cookin' Greens

Cookin' Greens has a whole line of dark leafy greens ready to be stirred into a soup or pasta.

2. Frozen Shrimp

Frozen shrimp is the fastest cooking, exotic protein to go with your Caesar (salad or beverage).



3. Pizza

Whole grain thin crust pizza can be doctored with fresh herbs, spinach and pine nuts for fast deliciousness.

4. Edamame

Edamame is the perfect appetizer or snack. Steam and sprinkle with sea salt for a healthy yum.

5. Tortellini

Whole grain tortellini makes weeknight meals a snap. Just add salad.

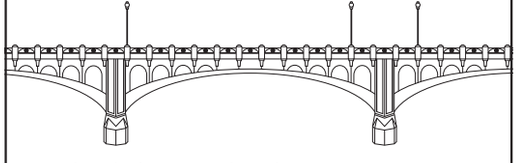
There are foods in your freezer now that can make the difference between a messy meal and one that can help you fight off the next round flu. TV dinners don't have to be what they used to be — if you know where to look.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

On October 24th, vote

KAREN ROONEY

for City Council Ward 8



Together, let's create the vibrant, dynamic and forward-thinking city we know Saskatoon can be!

Authorized by the Karen Rooney Campaign Team
www.karenrooney.ca

Kick up savoury Pork Spring Rolls with blueberry sauce

For a tasty snack or appetizer, try these baked pork spring rolls with tangy blueberry dipping sauce. If fresh blueberries aren't available, use frozen ones.

1. Heat oven to 180 C (350 F). Grease a 20-by-36-cm (8-by-14-inch) baking sheet with oil.

2. Thaw spring roll pastry sheets, keeping covered with a damp clean towel.

3. In a large bowl, mix ground pork, green onions, ginger, garlic, hoisin sauce, soy sauce, chili paste, rice vinegar, pepper and salt.

4. Lay a sheet of spring roll wrapper on a clean surface. Place 30 to 45 ml (2 to 3 tbsp) of the pork mixture on top third of the wrapper sheet and roll, folding the ends to form an 9-cm (3.5-inch) roll.

5. Place on oiled baking sheet, seam side down, and brush generously with grapeseed oil. Bake on oven's middle rack for 45 to 60 minutes until golden brown.

6. Remove from baking sheet immediately to avoid sticking. Serve with dipping sauce.

7. Blueberry Dipping Sauce: In a saucepan, bring blueberries, honey and chili paste to a simmer and cook for 10 to 15 minutes. Let mixture cool, then puree in a blender until smooth. Stir in lime juice and cilantro. **THE CANADIAN PRESS/ BC BLUEBERRIES**

Ingredients

- 500 g (1 lb) lean ground pork
- 50 ml (1/4 cup) sliced green onions
- 15 ml (1 tbsp) minced ginger
- 15 ml (1 tbsp) minced garlic
- 30 ml (2 tbsp) hoisin sauce
- 10 ml (2 tsp) soy sauce
- 5 ml (1 tsp) chili paste (such as Sambal Oelek)
- 5 ml (1 tsp) rice vinegar
- 5 ml (1 tsp) ground pepper
- 2 ml (1/2 tsp) salt
- 12 wheat-based spring roll pastry sheets (20 by 20 cm/8-by-8 inches), thawed
- 50 ml (1/4 cup) grapeseed oil

Dipping Sauce

- 250 ml (1 cup) blueberries, fresh or frozen
- 50 ml (1/4 cup) honey
- 15 ml (1 tbsp) chili paste
- 15 ml (1 tbsp) lime juice
- 15 ml (1 tbsp) chopped fresh cilantro

This recipe serves 12. THE CANADIAN PRESS H/O

Bonds put regular money in your pocket

Alison's Money Rule. Don't dismiss bonds; they add safety to your investment portfolio

YOUR MONEY
Alison Griffiths
money@metronews.ca

If you are looking for investing love today you'll find it in one word — yield. What's not to love about an investment that pays out regularly?

Before the current rock bottom interest rates became entrenched, government bonds provided a reasonable yield and ballast to your portfolio.

However, such investments are not much loved these days unless you choose those maturing in the far distant future.

You'll get a higher yield but it will be locked in. When interest rates finally rise your investment will be worth less. And your yield will be left behind as rates increase. So my advice is to choose short-term bonds for now.

One option is investment grade corporate bonds such as offered by the banks and other large, relatively stable corporations.

Your risk is not much more than government bonds but the yield will be higher, .50 per cent to 1.25 per cent on average.

The best way to buy such bonds is through exchange-traded funds (ETFs.) These are listed on the stock exchange just like a stock.

Because ETFs track an index and do no trading, the fees are tiny, far lower than charged by mutual funds. They also spread the risk among the pool of companies in the index.

You can purchase hybrid ETFs, which are a mix of government and corporate bonds. But with today's low interest rates most people, except for the extremely risk averse, are better off sticking with investment grade corporate bond ETFs.

Unlike buying individual bonds, which mature on a specific date, ETF's hold a basket of bonds and roll them over as each comes due. Look for average maturities of around six years or less.

Sometimes it's hard to tell whether an ETF has government or corporate bonds or both.

Click on the product list of the respective providers and go to fixed income. From there you can generally click on the bond ETF name and a summary will appear including management fee.

Look for the explanation of the index and there you will discover the content of the ETF.

Corporate bond ETF providers

- **BMO.** etfs.bmo.com
- **RBC.** funds.rbcgam.com/etfs
- **iShares.** ca.ishares.com/home.htm
- **Powershares.** invesco.ca
- **First Asset.** firstasset.com

Paying in cash

Sidestepping the taxman

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

There are legitimate tax credits and benefits available if you are looking to save on taxes. ISTOCK IMAGES

I recently moved into an eight-year-old inner-city condo that I love. It's got beautiful views, in fantastic location and the perfect amount of space for my lifestyle. However, many of the features of my home needed to be upgraded when I took possession and so I embarked on a home renovation. I've focused on high-value aspects of the home such as the counter tops, sinks, faucets, glass for baths, appliances and removing a non-structural wall that was partially blocking my view of downtown.

On a few occasions throughout the three-month process, contractors quoted me prices in cash or cheque. Not surprisingly the cash quotes were significantly less.

This got me thinking about whether paying cash to sidestep the taxman is OK. Certainly it's more frugal to pay cash because you save big dollars *and* you avoid racking up your credit card. But, while paying cash can save you sales tax, there can be serious implications for not reporting income.

According to H&R Block's September 2012 survey, the majority of Canadians admit to paying cash to avoid sales taxes, but only 30 per cent feel that it's wrong to do so. Not surprisingly, younger cash-strapped respondents, aged 18 to 34, appear more eager to save through cash payments than older respondents.

If an individual or business is looking for ways to save on taxes, there are legitimate tax credits and benefits available to Canadians.

Businesses, for example, can receive credits for over 20 different types of expenses such as automobile, telephone, health-plan premiums, insurance, bad debts, advertising and much more. Check out how you or your business can save money on taxes through Revenue Canada's website cra.gc.ca/taxsavings.

If you, as an individual, need to save money on big-ticket items like renovations, try negotiating the price with the contractor by getting multiple quotes, work alongside labourers, source your own supplies and ask for discounts at every step of the process.

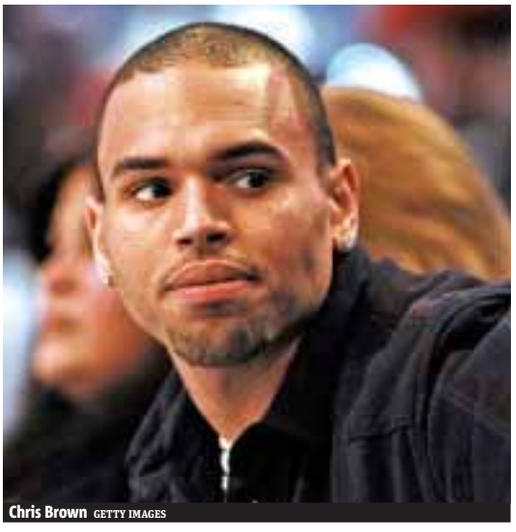
If you do have undeclared income, you can report it through Revenue Canada's Voluntary Disclosure Program. There are no penalties for declaring, but it doesn't exempt you from paying taxes or interest. Many contractors and restaurant workers declare income through this program.

Frugality shouldn't outweigh legality. Be financially resourceful when you're embarking on expensive projects and take advantage of legitimate tax savings.

Should Rihanna give violent 'love of her life' Brown a second chance?

Pair seen kissing in club. After all that's happened, Barbados pop songstress seems willing to let painful bygones be bygones

ROMINA MCGUINNESS
life@metronews.ca



Chris Brown GETTY IMAGES

Rihanna GETTY IMAGES

Last Monday night, former pop couple Chris Brown and Rihanna were spotted kissing and dirty dancing at a NYC club, fuelling speculation that the pair are rekindling their love life.

Rumours of reconciliation between Brown, 23, and Rihanna, 24, have been circling for months. Last February, Brown featured on Rihanna's remix of her song Birthday Cake as the Barbados songstress lent her vocals to Brown's remix of Turn up the Music. In June, Brown was bottled during a nightclub fight allegedly involving Rihanna's ex, Toronto rapper Drake.

But the biggest twist was Rihanna's emotional interview with Oprah Winfrey on Oprah's Next Chapter in August, when the pop star confessed Brown was the "love of her life" and that she'd forgiven him for his violent behaviour.

In 2009, Brown's then-girlfriend Rihanna was left hospitalized with visible facial wounds after Brown allegedly assaulted her. The infamous incident caused massive public outrage, with fans urging Rihanna to stay away from her ex-boyfriend.

Meanwhile, Brown decided to set the record straight by releasing the following statement, much to the ire of his most recent love interest 23-year-old model Karrueche Tran: "I have decided to be single to focus on my career. I love Karrueche very much but I don't want to see her hurt over my friendship with Rihanna. I'd rather be single allowing us to both be happy in our lives."

Brown then posted a video on Twitter, The Real Chris Brown (http://vimeo.com/50805715) addressing the Chris-Rihanna-Karrueche love triangle.

Speaking to the camera, he says: "When you share history with somebody then you tend to fall in love with somebody else, it's difficult. Is there such a thing as loving two people? I don't know if that is possible but I feel like that."

Can we love two people at the same time? Relationship expert David Sbarra has doubts.

"The neurobiology of love makes it quite difficult to be actively 'in love' with two people," Sbarra told Metro.

"When you're in love with someone, so much energy and mental space is devoted to that person, it's very hard to think about two people in this way."

Many people will question how Rihanna can ever forgive Brown for the assault. Sbarra believes, however, that such an incident is "like an old sports injury one can live with."

"The psychological pain of a romantic breakup is like a physical scar or an old sports injury. When it's not too intense, we can play the same sport again, but the injury is still quite raw. Yet over time, we can get to a place where we don't even notice that old injury or hurt."

Right now, Rihanna and Brown seem determined to give their relationship another go. And they're not seeking anyone's blessing.

Cardinals centre-fielder Jon Jay makes a catch on a ball hit by Washington's Danny Espinosa on Monday in St. Louis. DILIP VISHWANAT/GETTY IMAGES

Answering the call of fall in St. Louis

MLB. Cardinals show championship resolve in 'must-win game' against Nationals

Game 2

Cardinals	Nationals
12	4

Never count out the St. Louis Cardinals in October — especially after they lose a series opener.

Carlos Beltran hit the last two of the Cardinals' four homers and St. Louis chased an ineffective Jordan Zimmermann early in a 12-4 rout of the Washington Nationals on Monday that tied their NL division series at one game apiece.

"We know this offence has the potential to do this," Cardinals rookie manager Mike Matheny said. "It was nice to see this, and hopefully it becomes contagious and the guys just keep going."

Allen Craig and Daniel Descalso also went deep to help the defending World Series champions build a big lead that compensated for a two-inning start from an ailing Jaime Garcia. Craig hit his fifth career post-season homer and scored three times.

Ryan Zimmerman and Adam LaRoche hit consecutive homers in the fifth for the Nationals, who head home for the remainder of the best-of-five series. But the NL East champions are without all-star ace Stephen Strasburg, shut down for the rest of the season early last month to protect his surgically repaired arm.

Game 3 is Wednesday afternoon at Nationals Park. Edwin Jackson starts for Washington against longtime Cardinals ace Chris Carpenter, who made only three starts during the regular season because of injury.

"Today, for us, was a must-win game," Beltran said.

The Cardinals seem to live for those. They lost the division series and NLCS openers last fall, then finished strong in the World Series after spotting Texas a 3-2 lead.

So, they're on familiar ground.

"We knew how big this game was for us," centre-fielder Jon Jay said. "We've seen it all year — when we are able to do that, we are pretty dangerous."

Beltran homered twice in the post-season for the third time in his career, connecting in the sixth off Mike Gonzalez and eighth off Sean Burnett. Jay had two hits and three RBIs, plus an outstanding catch at the centre-field wall to deprive Danny Espinosa of extra bases in the sixth.

"One of the best catches I've seen. I think it's his best catch of the year," Matheny said. "He barely looked up as he was hitting the wall. Very impressive." THE ASSOCIATED PRESS

NHL

Lockout talks to remain focused on secondary issues

The NHL and NHL Players' Association likely won't discuss economics when collective bargaining talks resume this week.

The sides have agreed to sit down together in New York on Wednesday and Thursday, but deputy commissioner Bill Daly said Monday that he expects the conversation to cover secondary issues, including "health and safety, medical care, drug testing, rent, and mortgage reimbursements (and) grievances."

Talks have been limited to ancillary topics since the lockout was enacted, including during two separate sessions last week.

THE CANADIAN PRESS

CFL

Blue Bombers stun Als in Montreal

Joey Elliott threw touchdown passes to Terrence Edwards, Chris Matthews and Rory Kohlert as the Winnipeg Blue Bombers downed the Montreal Alouettes 27-22 Monday for their first road win of the season.

Winnipeg (4-10), which has won twice in its last three games, saw Elliott amass more than 330 passing yards in relief of injured starter Buck Pierce. Justin Palardy added a pair of field goals. THE CANADIAN PRESS

Bo Bowling is pulled down by Winnipeg's Alex Suber on Monday. THE CANADIAN PRESS

MLB. Leyland insists kiss wasn't meant as a dis

Ideally, Jim Leyland would have everybody hug it out and play ball.

With the Tigers leading the Oakland Athletics 2-0 and a win from advancing to the AL championship series, Leyland was trying to calm controversy caused by a kiss on Monday ahead of Tuesday's Game 3.

Leyland insists reliever Al Alburquerque meant no ill will toward the A's when he fielded Yoenis Cespedes' ninth-inning comebacker and quickly kissed the ball before throwing to first.

"It wasn't a smart thing to do, but I can honestly tell you that there is no way that Al Alburquerque or any members of the Detroit Tigers would ever do anything intentionally to offend another team," Leyland said. THE ASSOCIATED PRESS

Quoted

"I respect Cespedes and I didn't do it out of disrespect. I was just excited to get the out."

Tigers reliever Al Alburquerque on his now-infamous gesture towards Oakland's Yoenis Cespedes

MLB

Lincecum falls down depth chart in San Francisco

Left-hander Barry Zito will start Game 4 for the San Francisco Giants if they can extend their NL division series against the Cincinnati Reds.

Two-time Cy Young Award winner Tim Lincecum? He's staying in the bullpen. The Giants trail 2-0 in the best-of-five series. The Reds can finish it off Tuesday night when Homer Bailey goes against the Giants' Ryan Vogelsong (14-9). THE ASSOCIATED PRESS

NFL. Optimism surrounds concussed RG3 in D.C.

Robert Griffin III felt good enough to attend something called a Rookie Success Program meeting Monday morning and seemed, by all accounts, to be doing just fine on the day after suffering his first NFL concussion.

Griffin still has to complete the league's mandated return-to-play protocol before he's cleared for practice, but his Washington Redskins teammates and coach Mike Shanahan were optimistic the Heisman Trophy winner will be able to play in this week's game against the Minnesota Vikings.

"We should find out in the next few days exactly what happens," Shanahan said. THE ASSOCIATED PRESS

Trainers check Washington quarterback Robert Griffin III on Sunday. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
What can you do to make the world a better place? The Sun and Jupiter will put you in a position where you can make it happen today. But you must avoid negative thinking. See only the best in people.

♉ Taurus
April 21 - May 21
Don't waste time on negative individuals who don't see life through your rose-tinted spectacles. You were born to take risks and you were born to have fun, so what are you waiting for? Go for it, Taurus!

♊ Gemini
May 22 - June 21
If others get the idea that you are about to make changes, they might use it as an excuse to make changes of their own — and they may not be to your liking. Why not just leave things as they are?

♋ Cancer
June 22 - July 23
Don't follow the herd: Go your own way, do your own thing and don't worry if you seem to be the only one who believes certain things. It just means you are the only one who is right!

♌ Leo
July 24 - Aug. 23
Your powers of persuasion will convince everyone that you know what you are doing and that you can be trusted. Hopefully it is true but even if it is not, you will have a great excuse ready to deflect any criticism.

♍ Virgo
Aug. 24 - Sept. 23
You can, if you wish, change your ways but don't lose sight of who you really are. Whatever changes you make, you will still be the same person you have always been — and you should be proud of that.

♎ Libra
Sept. 24 - Oct. 23
Take the most direct route to wherever it is you want to go. Both at home and at work you will enjoy yourself more today if you don't make life too complicated for yourself.

♏ Scorpio
Oct. 24 - Nov. 22
Even if you are the kind of Scorpio who thinks carefully and slowly about everything, you will still come up with some wonderful ideas today. Make sure they are ideas that can be exploited for your own benefit.

♐ Sagittarius
Nov. 23 - Dec. 21
You will learn something new about a friend today — something you would not have guessed in a million years. It only goes to show that everyone has secrets. Be careful, you don't let your own secrets show!

♑ Capricorn
Dec. 22 - Jan. 20
You can increase your chances of success and happiness today simply by finding the courage to take some kind of risk. Don't worry that it might go wrong. Even if it does, good will still come of it.

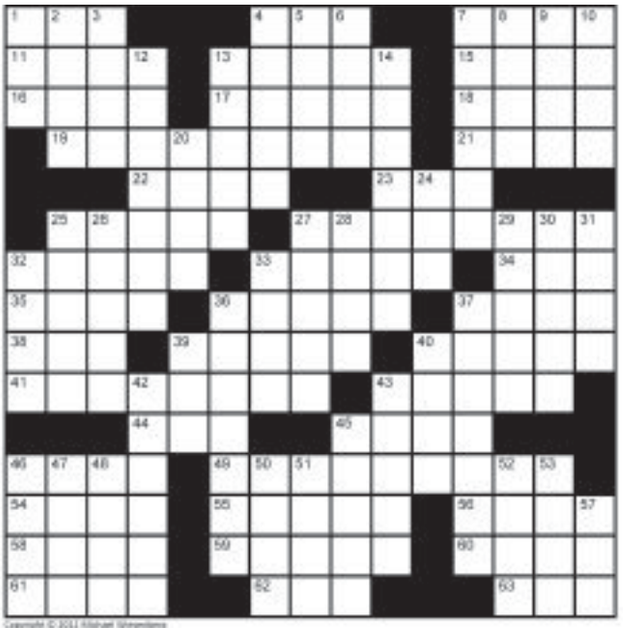
♒ Aquarius
Jan. 21 - Feb. 19
Take a more relaxed approach to life today, especially on the work front where you have gone about as far as you can by effort alone. You won't solve problems just by throwing yourself at them.

♓ Pisces
Feb. 20 - March 20
Your heart is beating faster and your pulse is pumping like it knows something good is about to happen. And it is. The planets will bring you a surprise today that you'll enjoy.

SALLY BROMPTON

Provinces, Cinemas, Water, and a PM

BY MICHAEL WIESENBERG



Across
1. ___ la la
4. Bond creator Fleming
7. Unwanted email
11. Accelerator particles
13. Finished
15. Mexican restaurant fare
16. Construct
17. Charming and confident
18. National police
19. Provincial grouping, with "the"
21. "Vous ___ ici": French shopping mall map indication
22. Ready: Fr.
23. That girl
25. Gossamer
27. Cinemas
32. Light-colored, as hair
33. Judge's domain
34. Galena or cinnabar
35. Where Ontario, Québec, and the Maritimes are located
36. "Water Lilies" painter Claude
37. Raymond ___: New Westminster, BC-born Perry Mason portrayer
38. Adam's mate
39. Acts gloomy
40. *Aladdin* character voiced by Robin Williams
41. One of Winnipeg's main waterways (2 wds.)
43. Gives money (to)
44. Cherry tree chopper
45. Result of 43-Across
46. Russian leader before 1917
49. See 43-Down (2 wds.)
54. Ireland, to its natives
55. Teheran resident
56. Slave away
58. Summer drinks
59. Appellations
60. Ripped
61. Chair or bench
62. "N'est ce ___?": "Isn't that so?"
63. Flanders of The Simpsons

Down
1. ___ Horton's
2. Wander
3. Ottawa-born My Way singer-composer Paul
4. Some Yukon natives
5. Eve's mate
6. Guelph, Ontario-born *Scream* star Campbell
7. *Sesame* ___: kids' educational show
8. Agreement
9. #1 position
10. Spill cleaners
12. Biblical tempter of 38-Across
13. "Poly" add-on
14. Baked Alaska or baklava
20. Angered
24. Medicine ___, AB
25. NWT's Great ___ Lake
26. ___ down: washed, as a driveway
27. Printer need
28. Tints
29. ___ of golf: 18 holes, say
30. "To ___ human, to forgive divine" (2 wds.)
31. Devoid of moisture
32. Molson's, say
33. Contend with difficulties
36. Takes residence (2 wds.)
37. R.B. ___: 11th Prime Minister (1930-35)
39. Blend together
40. Sport needs
42. Hardest to come by
43. With 49-Across, 12th Prime Minister (1948-57)
45. Country roads
46. Afternoon cupfuls
47. Coleslaw or fries, say
48. Acreage
50. Canadian Open hazard
51. Dalai ___: chief Tibetan monk
52. Midday
53. Exhaust
57. ___ Zeppelin of rock

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

4					1			
2				3		7	5	
9		8			6			
7	6	2				8		
3								9
		9				6	4	1
			7			5		3
	9	3		5				7
			9					2

Friday's Sudoku

Today 7°/-4° Variable
Wednesday 4°/-6° Flurries 70%
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SAVE $1,107

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